



Nutritional Information

As of March 2007. Please check www.bk.com for the most recent Nutritional Information.

WHOPPER® Sandwiches	Serving Size (g)	Calories	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs. (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
WHOPPER® Sandwich	290	670	39	11	1.5	51	1020	51	3	11	28
w/ Mayo	269	510	22	9	1	80	880	51	3	11	28
WHOPPER® Sandwich with Cheese	315	760	47	16	1.5	115	1450	52	3	11	33
w/ Mayo	294	600	30	14	1.5	100	1310	52	3	11	32
DOUBLE WHOPPER® Sandwich	373	900	57	19	2	175	1090	51	3	11	47
w/ Mayo	352	740	39	17	2	160	950	51	3	11	47
DOUBLE WHOPPER® Sandwich with Cheese	388	990	64	24	2.5	195	1520	52	3	11	52
w/ Mayo	376	830	47	22	2	180	1380	52	3	11	52
TRIPLE WHOPPER® Sandwich	456	1180	74	27	3	255	1160	51	3	11	67
w/ Mayo	434	980	57	24	2.5	240	1020	51	3	11	66
TRIPLE WHOPPER® Sandwich With Cheese	480	1230	82	32	3.5	275	1590	52	3	11	71
w/ Mayo	459	1070	65	29	3	260	1450	52	3	11	71
WHOPPER JR.® Sandwich	158	370	21	6	0.5	50	570	31	2	6	15
w/ Mayo	147	290	12	4.5	0	40	490	31	2	6	15
WHOPPER JR.® Sandwich with Cheese	170	410	24	8	1	60	780	32	2	6	18
w/ Mayo	149	330	16	7	0.5	55	710	31	2	6	17
Bacon It! (Strip)	2.5	15	1	0	0	5	50	0	0	0	1

Fire-Grilled Burgers	Serving Size (g)	Calories	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs. (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Hamburger	121	290	12	4.5	0	40	560	30	1	6	15
Cheeseburger	133	330	16	7	0.5	55	780	31	1	6	17
Double Hamburger	164	410	21	9	1	85	600	30	1	6	25
Double Cheeseburger	189	500	29	14	1.5	105	1030	31	1	6	30
Bacon Cheeseburger	138	360	18	8	0.5	60	870	31	1	6	19
Bacon Double Cheeseburger	194	530	31	14	1.5	110	1130	32	1	6	32
BK™ Double Stack®	190	610	39	16	1.5	125	1100	32	1	5	34
BK™ Triple Stack®	250	800	54	23	2	185	1450	33	1	5	48
BK™ Quad Stack®	311	1000	68	30	3	240	1900	34	1	6	62
The Angus Steak Burger	273	640	33	10	1.5	185	1260	55	3	10	33

Chicken, Fish, & Veggie	Serving Size (g)	Calories	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs. (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
TENDERGRILL® Chicken Sandwich	258	450	10	2	0	75	1210	53	4	9	37
w/ Mayo	258	510	19	3.5	0.5	75	1180	49	4	7	37
w/ Sauce	244	400	7	1.5	0	70	1090	49	4	7	36
TENDERCRISP® Chicken Sandwich	286	780	43	8	4	75	1730	73	4	8	25
Spicy TENDERCRISP® Chicken Sandwich	300	720	36	7	4	65	2000	74	5	8	25
w/ Sauce	258	570	21	4.5	3.5	55	1540	73	4	8	25
Original Chicken Sandwich	219	660	40	8	2.5	70	1440	52	4	5	24
w/ Mayo	190	450	17	4	2	50	1250	52	4	5	23
CHICKEN TENDERS® Kid's Meal – 4 pc	62	170	10	2.5	1.5	25	480	11	0	0	9
CHICKEN TENDERS® 5- pc	77	210	12	3	2	35	600	13	0	0	12
CHICKEN TENDERS® Big Kid's Meal – 6 pc	92	220	15	3.5	2.5	40	720	16	0	0	15
CHICKEN TENDERS® 8- pc	123	340	20	5	3	55	860	21	<1	1	19
Barbecue Dipping Sauce (1 oz)	28	40	0	0	0	0	310	11	0	0	0
Honey Mustard Dipping Sauce (1 oz)	28	90	0	0	0	0	23	0	22	0	0
Honey Mustard Dipping Sauce (1 oz)	28	90	6	1	0	10	180	8	0	7	0
Sweet and Sour Dipping Sauce (1 oz)	28	45	0	0	0	0	55	11	0	10	0
Ranch Dipping Sauce (1 oz)	28	140	15	2.5	0	5	95	1	0	1	1
BK™ CHICKEN FRIES – 6 pc	85	260	15	3.5	3	35	650	18	2	1	12
BK™ CHICKEN FRIES – 9 pc	128	390	23	5	4.5	50	980	26	3	1	18
BK™ CHICKEN FRIES – 12 pc	170	520	31	7	6	65	1300	35	4	2	25
Buffalo Dipping Sauce (1 oz)	28	80	8	1.5	0	5	350	2	0	1	0
BK FISH FILET® Sandwich	250	630	30	6	2.5	60	1380	67	4	8	24
w/ Tartar Sauce	222	470	13	3	2	50	1240	65	3	7	23
Spicy BK BIG FISH® Sandwich	250	620	29	6	2.5	60	1540	67	4	7	24
BK VEGGIE® Burger**	215	420	16	2.5	0	10	1100	46	7	8	23
w/ Cheese	228	470	20	5	0	20	1320	47	7	9	25
w/ Mayo	205	340	8	1	0	0	1030	46	7	8	23

Side Orders	Serving Size (g)	Calories	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs. (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
MOTT'S® Strawberry Flavored Apple Sauce	113	90	0	0	0	0	0	23	<1	21	0
Onion Rings – Small	43	150	7	2	1.5	0	220	19	1	2	2
Onion Rings – Medium	91	320	16	4	3.5	0	460	40	3	5	4
Onion Rings – Large	130	450	22	6	5	0	660	57	4	7	6
Onion Rings – King	150	520	26	7	6	5	760	66	5	8	7
Zesty Onion Ring Dipping Sauce (1 oz)	28	150	15	2.5	0	15	210	3	<1	2	0
CHEESY TOTSTM™ – Small (6 pc)	77	210	12	4.5	2	20	650	20	2	1	7
CHEESY TOTSTM™ – Medium (9 pc)	115	320	18	7	3	30	970	30	2	2	10
CHEESY TOTSTM™ – Large (12 pc)	153	430	24	9	4	40	1300	40	3	2	14
French Fries – Small (Salted)	74	230	13	3	3	0	380	26	2	1	2
French Fries – Medium (Salted)	118	360	20	4.5	4.5	0	590	41	4	1	4
French Fries – Large (Salted)	160	500	28	6	6	0	820	57	5	1	5
French Fries – King (Salted)	194	600	33	8	7	0	980	63	6	2	6
French Fries – Small (Salt not added)*	74	230	13	3	3	0	240	26	2	1	2
French Fries – Medium (Salt not added)*	116	360	20	4.5	4.5	0	380	41	4	1	4
French Fries – Large (Salt not added)*	160	500	28	6	6	0	530	57	5	1	5
French Fries – King (Salt not added)*	194	600	33	8	7	0	640	69	6	2	6
Ketchup (Packet)	10	10	0	0	0	0	125	3	0	2	0

Salads	Serving Size (g)	Calories	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs. (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
(w/ot dressing or garlic parmesan croutons)	88	15	0	0	0	0	0	0	1	1	1
Side Garden Salad	292	240	9	3.5	0	80	720	8	4	3	33
TENDERGRILL® Chicken Garden Salad	306	400	21	7	3.5	70	1170	32	5	5	22
TENDERCRISP® Chicken Garden Salad	184	90	5	2.5	0	15	125	7	3	3	5
Garden Salad (no chicken)	184	90	5	2.5	0	15	125	7	3	3	5
Salad Dressings & Toppings											
KEN'S® Light Italian Dressing (2 oz)	57	120	11	1.5	0	0	440	5	0	4	0
KEN'S® Ranch Dressing (2 oz)	57	190	20	3	0	20	560	2	0	1	1
KEN'S® Creamy Caesar Dressing (2 oz)	57	210	21	4	0	25	610	4	0	3	3
KEN'S® Honey Mustard Dressing (2 oz)	57	270	23	3	0	20	520	15	0	14	1
KEN'S® Fat Free Dressing (2 oz) Restaurant Option	57	60	0	0	0	0	740	15	2	5	0
Garlic Parmesan Croutons	14	60	2	0	0	0	120	9	0	1	1
Desserts											
Dutch Apple Pie	108	300	13	3	3	0	270	45	1	23	2
HERSHEY'S® Sundae Pie	79	310	19	12	0	10	220	32	1	22	3

Ingredients	Serving Size (g)	Calories	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs. (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
WHOPPER® Sandwich	290	670	39	11	1.5	51	1020	51	3	11	28
WHOPPER® Sandwich with Cheese	315	760	47	16	1.5	115	1450	52	3	11	33
DOUBLE WHOPPER® Sandwich	373	900	57	19	2	175	1090	51	3	11	47
DOUBLE WHOPPER® Sandwich with Cheese	388	990	64	24	2.5	195	1520	52	3	11	52
TRIPLE WHOPPER® Sandwich	456	1180	74	27	3	255	1160	51	3	11	67
TRIPLE WHOPPER® Sandwich With Cheese	480	1230	82	32	3.5	275	1590	52	3	11	71
WHOPPER JR.® Sandwich	158	370	21	6	0.5	50	570	31	2	6	15
WHOPPER JR.® Sandwich with Cheese	170	410	24	8	1	60	780	32	2	6	18
Bacon It! (Strip)	2.5	15	1	0	0	5	50	0	0	0	1

Revised March 2007. ALLERGEN INFORMATION: Located behind ingredients in bold type. For the most up-to-date information please visit www.bk.com regularly. Allergen Charts are available on website.

BUNS:
SESAME SEED BUNS: Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour Or Alpha Amylase From Aspergillus Oryzae, Niacin, Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid, Ascorbic Acid, Water, High Fructose Corn Syrup Or Liquid Sucrose, Yeast, Vegetable Oil (Canola And/Or Soy) Or Soybean And/Or Cottonseed Oil, May Contain 2% Or Less Of The Following: Salt, Vitamin E, Soybean Oil, Soy Flour, Corn Starch, Yeast Nutrient (May Contain One Or More Of The Following: Ammonium Sulfate, Monocalcium Phosphate, Calcium Sulfate, Calcium Carbonate) Dough Conditioners (May Contain One Or More Of The Following: Wheat Starch, Microcrystalline Cellulose, Sorbitol, Sodium Chloride, Magnesium Stearate, Distilled Monoglycerides, Sodium Stearoyl Lactylate, Ascorbic Acid, Azodicarbonamide, Mono- And Diglycerides, Ethylated Mono- And Diglycerides, Calcium Peroxide, Calcium Stearoyl-2-Lactylate, Dates, L-Cysteine, Enzymes, Preservatives (Calcium Propionate And/Or Sorbic Acid, Vinegar, Sesame Seeds). **Contains: Wheat and Soy.**

CORN DUSTER BUNS: Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour Or Alpha Amylase From Aspergillus Oryzae, Niacin, Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid, Ascorbic Acid, Water, High Fructose Corn Syrup Or Liquid Sucrose, Yeast, Vegetable Oil (Canola And/Or Soy) Or Soybean And/Or Cottonseed Oil, May Contain 2% Or Less Of The Following: Salt, Vitamin E, Soybean Oil, Soy Flour, Corn Starch, Yeast Nutrient (May Contain One Or More Of The Following: Ammonium Sulfate, Monocalcium Phosphate, Calcium Sulfate, Calcium Carbonate) Dough Conditioners (May Contain One Or More Of The Following: Wheat Starch, Microcrystalline Cellulose, Sorbitol, Sodium Chloride, Magnesium Stearate, Distilled Monoglycerides, Sodium Stearoyl Lactylate, Ascorbic Acid, Azodicarbonamide, Mono- And Diglycerides, Ethylated Mono- And Diglycerides, Calcium Peroxide, Calcium Stearoyl-2-Lactylate, Dates, Enzymes, Preservatives (Calcium Propionate And/Or Sorbic Acid). **Contains: Wheat and Soy.**

SPECIALTY BUN: Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour Or Alpha Amylase From Aspergillus Oryzae, Niacin, Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid, Ascorbic Acid, Water, High Fructose Corn Syrup Or Liquid Sucrose, Yeast, Vegetable Oil (Canola And/Or Soy) Or Soybean And/Or Cottonseed Oil, May Contain 2% Or Less Of The Following: Salt, Vitamin E, Soybean Oil, Soy Flour, Corn Starch, Yeast Nutrient (May Contain One Or More Of The Following: Ammonium Sulfate, Monocalcium Phosphate, Calcium Sulfate, Calcium Carbonate) Dough Conditioners (May Contain One Or More Of The Following: Wheat Starch, Microcrystalline Cellulose, Sorbitol, Sodium Chloride, Magnesium Stearate, Distilled Monoglycerides, Sodium Stearoyl Lactylate, Ascorbic Acid, Azodicarbonamide, Mono- And Diglycerides, Ethylated Mono- And Diglycerides, Calcium Peroxide, Calcium Stearoyl-2-Lactylate, Dates, Enzymes, Preservatives (Calcium Propionate And/Or Sorbic Acid). **Contains: Wheat and Soy.**

BEEF, CHICKEN & FISH:
WHOPPER® & HAMBURGER PATTIES: 100% USDA Inspected Ground Beef (Fire-Grilled).

ANGUS PATTY: Angus Beef, Seasoning (Extrapolated Salt (Salt, Partially Hydrogenated Soybean Oil), Flavorings: Beef Stock, Silicon Dioxide) (Fire-Grilled). **Soy Lecithin used as a processing aid.**

TENDERGRILL® Chicken Fried Filet: Chicken Breast with Rib Meat, Water, Seasoning (Maltodextrin, Salt, Sugar, Autolyzed Yeast Extract, Garlic Powder, Spices, Natural Flavors, Onion Powder, Modified Corn Starch, Chicken Fat, Chicken Powder, Chicken Breadcrumbs, Disodium Guanylate and Disodium Inosinate, Citric Acid, Partially Hydrogenated Soybean Oil, Dehydrated Garlic, and Artificial Flavors), Modified Corn Starch, Soybean Oil, Salt, Sodium Phosphates, GLAZED WITH Water, Seasoning (Maltodextrin, Salt, Sugar, Methylcellulose, Autolyzed Yeast Extract, Partially Hydrogenated Soybean Oil, Modified Potato Starch, Fructose, Partially Hydrogenated Soybean Oil, Garlic Powder, Onion Powder, Dehydrated Garlic, Spices, Modified Corn Starch, Xanthan Gum, Natural Flavors, Disodium Guanylate and Disodium Inosinate, Chicken Fat, Carmel Color, Grill Flavor (Partially Hydrogenated Soybean Oil and Cottonseed Oil), Chicken Powder, Chicken Breadcrumbs, Turmeric, Smoke Flavor, Annatto Extract, and Artificial Flavors). (Fire-Grilled).

BREADED ORIGINAL CHICKEN PATTY (Fried): Boneless Chicken Breast with Rib Meat, Water, Salt, and Monocalcium Phosphate. Breadcrumbs with: Bleached Wheat Flour, Salt, Spices, Partially Hydrogenated Vegetable Oil (Soybean and/or Cottonseed), Dried Yeast, Monosodium Glutamate, Yeast, Dehydrated Sweet Pepper, Onion Powder, Garlic Powder, Dehydrate, Leavening (Monocalcium Phosphate, Sodium Bicarbonate), BATTERED WITH Water, Bleached Wheat Flour, Leavening (Sodium Acid Phosphate, Sodium Bicarbonate), Salt, Corn Starch, Oil Flour and Natural Flavors. *Natural flavors from plant sources. **Contains: Milk and Wheat.**

BREADED TENDERGRILL® Chicken (Fried Filet): Chicken Breast With Rib Meat, containing up to 18% of a solution of Water, Seasoning (Soy, Monocalcium Phosphate, Sodium Bicarbonate, Sodium Chloride, Sodium Citrate, Sodium Diacetate, Sodium Dihydrogen Phosphate, Sodium Hexametaphosphate, Salt, Artificial Color), Soybean Oil, Onion Powder, Garlic Powder, Chicken Fat, Chicken Powder, Chicken Breadcrumbs, Disodium Guanylate, Yeast, Dehydrated Sweet Pepper, Onion Powder, Garlic Powder, Dehydrate, Leavening (Monocalcium Phosphate, Sodium Bicarbonate), BATTERED WITH Water, Bleached Wheat Flour, Leavening (Sodium Acid Phosphate, Sodium Bicarbonate), Salt, Corn Starch, Oil Flour and Natural Flavors. *Natural flavors from plant sources. **Contains: Milk and Wheat.**

BREADED TENDERCRISP® Chicken (Fried Filet): Chicken Breast With Rib Meat, containing up to 18% of a solution of Water, Seasoning (Soy, Monocalcium Phosphate, Sodium Bicarbonate, Sodium Chloride, Sodium Citrate, Sodium Diacetate, Sodium Dihydrogen Phosphate, Sodium Hexametaphosphate, Salt, Artificial Color), Soybean Oil, Onion Powder, Garlic Powder, Chicken Fat, Chicken Powder, Chicken Breadcrumbs, Disodium Guanylate, Yeast, Dehydrated Sweet Pepper, Onion Powder, Garlic Powder, De